

The Staff Connection

“Promoting Resilience”

During these trying times in the face of a world-wide health pandemic (COVID-19) in combination with other trials and tribulations including the loss of loved ones, facing homelessness and hunger, being without jobs, having to be an integral part of the teaching team in your child’s virtual classroom, and just dealing with everyday life situations, it can be very stressful and overwhelming.

You are valued!

Resilience is withstanding!

*Need to talk?
We have an open door policy!*

We know that times are hard and we want you to know that we are here to support you and your family. We want to promote resilience in the workplace by providing you with simple strategies that you can use to reduce stress through self-care.

Self-Care

Occupational Self-Care Strategy #11:

“STAY ORGANIZED”

- ✂ Even if you’re a naturally disorganized person, planning ahead to stay organized can greatly decrease your stress at work.
- ✂ Being organized with your time means less rushing in the morning to avoid being late as well as less hustling to get out at the end of the day.
- ✂ Keeping yourself organized can also mean avoiding the negative effects of clutter, and being more efficient with your work.

Verywellmind.com

Physical Self-Care Strategy #11:

“EVERY LITTLE BIT COUNTS”

- ✂ Take a bath (with oils, scented soaps, bubbles) and soak.



Something to Think About

A Jokey Joke

I quit my job at the helium gas factory.

I refused to be talked to in that tone of voice!

Distractify.com



Mental Health Check

“Great things in business are never done by one person; they’re done by a team of people.”
~ Steve Jobs



If needed, seek professional help:

- ➔ Dr. Nadia Bethley,
Clinical Psychologist
@ Delta Health Center



**WE ARE THINKING ABOUT YOU! WE ARE HERE TO SUPPORT YOU!
WE ARE IN THIS TOGETHER!**

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